
Welcome to your guide about Children's Oral Health at [Claregate Dental Practice](#), in Wolverhampton.

In this guide we will cover the most common questions asked about looking after your child's oral health. Some more information can be found on our website, and you are always welcome to contact us for a **free** consultation with our [Patient Care Co-ordinators](#).



When Should My Child First Visit the Dentist?

- **Recommended Age:** We advise that children should have their first dental check-up by the **age 1** or within **6 months of the first tooth appearing**, whichever comes first.
- **Why It Matters:** Early visits help establish a dental home, allowing the us to monitor your child's oral development and address any issues promptly.
- We can also advise you on good oral hygiene and dietary habits for your child, from an early age.

How Can I Encourage My Child to Brush Their Teeth?

- **Tips for Parents:**
 - Use a **small, soft-bristled toothbrush** with a **pea-sized amount of fluoride toothpaste**.
 - Brush **twice daily**, especially before bedtime. Nighttime brushing is key!!
 - Make brushing fun with songs, games, or brushing together. We suggest getting a 2-minute timer.
 - Get some charts to remind them to brush every morning and night.



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⌚ What Foods and Drinks Should My Child Avoid?

- **Limit Sugary Snacks and Drinks:** Frequency of having sugary snacks is just as critical as the amount consumed – always best to limit the amount and frequency.
- **Healthy Alternatives:** Offer water or milk instead of sugary drinks.



🎃 How Can I Protect My Child's Teeth During Halloween/Christmas/Birthdays etc?

- **Choose Non-Sugary Treats:** Choose alternatives like stickers or toys instead of sweets.
- **Limit Sweet Consumption:** If sweets are given, ensure they are consumed during meals and not as snacks throughout the day.
- **Encourage Brushing:** Ensure your child brushes their teeth after consuming sugary treats.

💻 Where Can I Access Free Dental Resources in Wolverhampton?

- **Free Toothbrushes and Toothpaste:** The City of Wolverhampton Council offers free toothbrushes and toothpaste at various locations, including libraries and community hubs. Use this link to find out more and check if the scheme is still running: [City Of Wolverhampton Council](#).
- **Healthy Child Wolves App:** This [NHS app](#) provides tips and advice for parents of babies and young children, including dental health information.
- More general information can be found on our [website](#) too.



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 **What Should I Do if My Child Is Anxious About Dental Visits?**

- **Choose a Child-Friendly Dentist:** Look for practices that offer a calm and welcoming environment with a lot of experience in treating younger patients. We are proud to offer this at [Claregate Dental Practice](#).
- **Discuss Fears:** Talk to your child about their concerns and explain what will happen during the visit in simple terms.
- **Prepare Them:** The episode where Peppa Pig and George go the dentist always works like a charm with our younger patients!
- **Bring along a toy:** Kids love it when their buddies get a dental check-up too!
- **Visit Ahead of Time:** If possible, arrange a visit to the dental practice before the actual appointment to familiarise your child with the setting. They can accompany an older sibling or parent too.



 **Quick Tips for Parents:**

- **Start Early:** Begin cleaning your child's gums before teeth appear.
- **Be Consistent:** Establish a routine for brushing teeth twice daily.
- **Lead by Example:** Brush your teeth alongside your child to set a positive example.
- **Limit Sugary Foods:** Reduce the intake of sugary snacks and drinks.
- **Regular Check-Ups:** Ensure your child visits the dentist regularly for check-ups.

Please use the links in this document to find out more information from our website.

If you have any questions, please contact our [Patient Care Co-ordinators](#) for a friendly chat!



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